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## Year Of ... Hot Peppers

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*In this space we'll highlight each of the National Garden Bureau's (NGB) Year Of ... plants. These plants are chosen because they're easy to grow, popular, genetically diverse, widely adaptable and versatile. [GO HERE](#) for free downloadable promotional materials, growing tips and more.*

Pepper Buffy from Known-You Seed America Corporation produces a mighty kick at 500,000 Scoville units. It produces juicy, thick-walled green to red fruits that are held high on a strong, upright plant, adding ornamental value. A 2022 All-America Selections winner.

I have my own personal journey with hot peppers that involves a Hungarian wax pepper and my 4-year-old overly confident self, but that's a story for another time. While there are upwards of 30 known species of hot peppers, NGB says there are five typically cultivated and consumed: *C. annuum*, *C. chinense*, *C. baccatum*, *C. frutescens* and *C. pubescens*.

Here are a few fun facts from NGB you can use to promote your selection this year with "Did You Know" signage:

- Hot peppers are rich in vitamins like A and C, and may offer health benefits like boosted metabolism and reduced inflammation.
- Chili peppers were first cultivated in Mexico and are now grown in many countries around the world and are used in many cuisines.
- The world's hottest pepper is Pepper X at 2,693,000 Scoville Heat Units. **GP**